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**We're A Tobacco Free Zone**



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out.

**Thank you for your cooperation.**



# Central District Health Department Public Health Informer



## Food Safety at Fairs & Festivals

A big part of summer for many people is attending fairs and festivals. One of the biggest draws to these events is the many different types of foods and drinks available.

Because foodborne illnesses increase during the summer months, it is even more important to follow food safety steps. Many foodborne illnesses are caused by consuming foods or beverages contaminated with germs. One reason for the increase of foodborne illnesses in summer is that people are cooking and eating outside at places such as fairs and festivals more often. Sometimes, the usual safety controls that a kitchen provides, like thermostat-controlled cooking, refrigeration, and washing facilities, may not be available when cooking and dining at these events.

Remember that food safety practices should be the same at fairs as they are at home: Clean, Separate, Cook, and Chill.

### Report Illness:

Anytime you suspect you may have contracted a foodborne illness, report it to our Environmental Health folks so they can investigate. Call 208-327-7499 or complete the online Report Food Poisoning survey: [www.cdhd.idaho.gov/EH/food/report\\_food\\_poisoning.htm](http://www.cdhd.idaho.gov/EH/food/report_food_poisoning.htm)

We hope you have a fun and safe summer attending fairs and festivals. By taking a few common sense steps you can make sure of it.



### Are there healthy food alternatives to consider at fairs and festivals?

When purchasing food from a vendor, look for healthy options first. If they are not available, consider bringing your own food to save money and calories. Bringing food from home allows you to eat a healthy meal or snack as a family, while still enjoying the festive atmosphere around you. Don't forget to keep safe food storage practices in mind.

### Consumers

What should a consumer consider before buying food from a vendor?

- Does the vendor have a clean/tidy workstation?
- Does the vendor have a sink for employees to wash their hands?
- Do the employees wear gloves or use tongs when handling food?
- Does the vendor have refrigeration on site for raw ingredients or pre-cooked foods?
- Has the vendor been inspected? CDHD inspects all food vendors, just like other food establishments. Check this page for current inspections: [www.cdhd.idaho.gov/EH/food/inspect.cfm](http://www.cdhd.idaho.gov/EH/food/inspect.cfm)

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## Public Health Informer

The Public Health Informer is a quarterly publication of the Central District Health Department.

The Central District Health Department provides services in Ada, Elmore, Boise & Valley counties.

All offices are open Monday through Friday from 8:00 a.m. to 5:00 p.m., though clinic hours may vary. Call the numbers below for more information and to make an appointment. Boise County residents should call the main office for information on services.

### Main Office

707 N. Armstrong Pl.  
Boise, Idaho 83704  
208-375-5211

### Mountain Home:

520 E 8th St N  
Mountain Home, ID 83647  
208-587-4407

### McCall Office:

703 North 1st St  
McCall, ID 83638  
208-634-7194

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Back issues of this publication are available on our website: [cdhd.idaho.gov](http://cdhd.idaho.gov)

# 20th Year Anniversary of World Breastfeeding Week Celebrations

## *The Road to Lifelong Health Begins with Breastfeeding*

During the month of August St. Luke's Regional Medical Center in Meridian will be displaying historic breastfeeding items including old pumps and other breastfeeding devices to celebrate the history of breastfeeding.

On August 11th from 10 a.m. to 1 p.m. the Treasure Valley La Leche League will hold its annual World Breastfeeding Week fun and information fair for pregnant women and parents of young children at Storey Park in Meridian. The event includes a free picnic lunch for families and fun activities for children.

The weekly CDHD WIC Breastfeeding Support Group Meetings will include fun sharing of stories about breastfeeding during the month of August. Meetings are held every Monday (except holiday Mondays) from 3:30 to 4:30 p.m. If you are a WIC breastfeeding mother come and enjoy time together with other breastfeeding mothers.



## Idaho WIC Program Income Eligibility Guidelines

Effective July 1, 2012

Household Size	Monthly Income	Household Size	Monthly Income
1	\$1,723	9	\$6,607
2	\$2,333	10	\$7,217
3	\$2,944	11	\$7,828
4	\$3,554	12	\$8,438
5	\$4,165	13	\$9,049
6	\$4,775	14	\$9,659
7	\$5,386	15	\$10,270
8	\$5,996	16	\$10,880

*A pregnant woman is counted as two when determining household size.*

## Food Safety at Fairs & Festivals

*Continued from page 1*

### What steps can you take to protect you and your family?

- Wash Hands Often
- Find out where hand washing stations are located.
- Always wash your hands right after petting animals, touching the animal enclosure, and exiting animal areas even if you did not touch an animal.
- Always wash hands after using the restroom, after playing a game or going on a ride, before eating and drinking, before preparing food or drinks, after changing diapers, and after removing soiled clothes or shoes.
- Bring hand sanitizers or disposable wipes in case there aren't any places to wash your hands.



## Top 10 Food Sources Highest in Iron:

1. Red meat
2. Egg yolks
3. Dark, leafy greens (spinach, collards)
4. Dried fruit (prunes, raisins)
5. Iron-enriched cereals and grains (check the labels)
6. Mollusks (oysters, clams, scallops)
7. Turkey or chicken giblets
8. Beans, lentils, chick peas and soybeans
9. Liver
10. Artichokes

# Iron Deficiency Anemia

*By Denay Rogers, ISU Dietetic Student*

Iron deficiency occurs when the body does not have enough iron. Iron is an important component of the blood. The body uses iron to make hemoglobin which is the oxygen-carrying component of the red blood cell. Without enough iron the body makes fewer and smaller red blood cells. If the body lacks iron, then less hemoglobin is produced, and the body does not get enough oxygen to the tissues. This can have many different effects on the body.

## Why is iron deficiency a concern?

- Iron deficiency can delay normal infant motor function (normal activity and movement) or mental function (normal thinking and processing skills).
- Iron deficiency during pregnancy can cause premature birth. Premature babies are more likely to have health problems or die in the first year of life than infants who are born full term and of a healthy weight.
- Iron deficiency can cause fatigue that impairs the ability to perform activities of daily living. It also can affect memory and mental function in younger teens.

## Who has higher iron needs?

- Infant and toddlers are rapidly growing and therefore have higher iron needs than older children
- Pregnant women
- Women who have heavy menstrual periods
- People who donate blood regularly

## What can you do to help prevent iron deficiency?

Eating a healthy and balanced diet can help reduce your risk of becoming iron deficient. A healthy diet includes a variety of food such as; fruits, vegetables, dairy and lean meats. Eating iron rich foods will also help prevent iron deficiency. The body absorbs iron from heme (meat) sources better than non-heme (plant) sources.

Vitamin C can also help the body absorb iron better. To help with iron absorption eat a food source that containing Vitamin C with an iron rich meal to help enhance the iron absorption. Tannins and caffeine found in coffee and tea decrease iron absorption. It is not recommended that you drink these with iron rich meals because it may interfere with iron absorption. Antacids have also been found to decrease iron absorption because they reduce stomach acid.

An iron supplement may be recommended by your health care provider but are not recommended unless prescribed by your doctor.

## Symptoms of iron deficiency:

- Fatigue and weakness
- Decreased ability to concentrate
- Increased susceptibility to infections
- Hair loss
- Dizziness
- Headaches
- Brittle nails
- Depression
- Look pale
- Shortness of breath





# In-Season Fruits & Vegetables

Summer (June - Aug)

Fruit/Vegetable	Vitamins
Apricots.....	A
Broccoli .....	A & C
Nectarines.....	A
Peaches.....	A
Peppers.....	C
Cantaloupe.....	A & C
Plums, Prunes.....	A
Tomatoes.....	A & C
Corn	
Cherries	
Cucumbers	
Grapes, green	
Honeydew	
Blackberries	
Blueberries	
Green Beans	
Peas	
Beets	
Pears	
Zucchini	
Watermelon	

*NOTE: Everyone needs to eat a good source of Vitamin A 3 to 4 times a week. Pregnant women have an increased need for Vitamin A and should eat a Vitamin A rich food daily.*

# Reproductive Health: More than Just Birth Control

Many people may already be aware that Central District Health Department (CDHD) offers low cost prescription birth control methods for women. Popular forms of prescription birth control options like oral contraceptives (pills), the Nuva Ring, IUDs, and Depo Provera (shots), are all available at CDHD on an affordable sliding fee scale.

What people may not know is that CDHD offers many more services, other than birth control, for both women and men to promote health and wellness at affordable rates.

At the health department we also test for, screen and treat sexually transmitted infections (STIs) in men and women. Many of the STI tests are run using a simple and painless urine test and are included on the sliding fee scale.

CDHD also provides birth control options for men! Condoms are always free and can be picked up with no questions asked, anytime during regular business hours without appointment. For couples who have all the children they want and are certain they don't want any more, vasectomy procedures (permanent male birth control) are available at a reasonable low flat fee.

Other services include wellness exams, pregnancy testing, presumptive eligibility for Medicaid, HIV screening, annual physical exams, and sports physicals. Services are either at a sliding fee scale (based on ability to pay) or a low flat rate, and no one we be denied services due to an inability to pay.

To learn more about our services, or to make an appointment, please call our clinic at 208-327-7400 where friendly and knowledgeable staff are eager to help. You can also read more about the services we provide along with clinic schedules at our three offices.

Just go to [www.cdhd.idaho.gov](http://www.cdhd.idaho.gov) or [www.reveal4real.org](http://www.reveal4real.org).



# Toward a Healthier Community with No Nicotine Hiring Policies

Not hiring nicotine users is part of a national and local trend. Many employers are making the decision not to hire nicotine users as part of a broader well-being initiative. Locally, Central District Health Department, Ada County, and others have adopted no-nicotine hiring policies. The use of nicotine products is the leading cause of preventable death in this country. We encourage you to help your employees take better care of their health and set a good example. Be a role model for health and wellness.

CDHD is eager to work with you to adopt a policy that restricts tobacco use and links tobacco users who want to quit with free cessation resources. For more information and assistance, please contact Joanne Graff, Health Education Specialist at CDHD: 208-327-8543 or [jgraff@cdhd.idaho.gov](mailto:jgraff@cdhd.idaho.gov)



## Don't Let Summer Fun Turn to Disaster

### *Drowning Prevention*

Drowning is the leading cause of injury death among children 1–4 years old. Every day, 10 people die from drowning; two of those ten are children under the age of 15 years. Of drowning victims who survive and are treated in emergency departments, more than half are hospitalized or transferred for further care. These individuals often experience brain damage that might result in long-term disabilities, including memory problems, learning disabilities, or permanent loss of basic functioning (for example, permanent vegetative state).

### To prevent drowning:

- Everyone (adults and children) should know how to swim,
- Caregivers should know CPR,
- All boaters and weaker swimmers should use lifejackets, and
- Backyard swimming pools should be separated from the house and yard by a fence with a self-closing and self-latching gate.

Learn more about recreational water safety by visiting the CDC website: [www.cdc.gov/Home-andRecreationalSafety/Water-Safety/index.html](http://www.cdc.gov/Home-andRecreationalSafety/Water-Safety/index.html)



## Get a Lifeline. Make a Plan. Stay Safe in a Disaster.

People who have friends or relatives they can rely on for help are healthier and live longer than those who don't. Two new, free, personal preparedness Facebook apps can help people support each other during an emergency and become better prepared by identifying lifelines.

Before a disaster strikes, you can use the Project: Lifeline and bReddi apps to designate your Lifelines. Your Lifelines are the Facebook friends that you can count on to check on you and to help you get the basic necessities that you need to keep you safe and healthy throughout the disaster and recovery.

### bReddi Facebook App

bReddi is a central Facebook app that helps you manage your preparedness needs and to create a safety net inside and outside of your community. With bReddi, you can establish how you will help your Lifelines before a disaster happens. You can set meeting places and Lifeline roles so there's no question of what to do, where to go or who to contact when disaster comes your way. bReddi can also alert you when the threat level changes for you or anyone you are a Lifeline for via text message, Facebook or Twitter.



### Project: Lifeline Facebook App

Project Lifeline provides a simple, unified Facebook app that draws on your existing social networks to help you communicate with your Lifelines during a disaster. Before a disaster strikes, Project: Lifeline will help formalize your communications networks and establish whose aid you will count on if you need it. Lifelines will be able to update your status in an emergency status list and keep your friends informed of your well-being. The app also helps you find resources that will teach you about disaster risks and how to keep yourself safe.

To learn more go to [www.phe.gov/lifeline/Pages/default.aspx](http://www.phe.gov/lifeline/Pages/default.aspx)







## Poison Centers Issue Warning about Concentrated Packets of Laundry Detergent

Poison centers are reporting a recent uptick in calls about exposures of children to laundry detergents packaged in small, single-dose packets. Some young children and toddlers who swallow these small packets have become very ill and have required hospitalization. Other children have gotten the product in their eyes, resulting in significant eye irritation. Some children have been exposed when the product burst after putting it into their mouths.

The American Association of Poison Control Centers recommends the following steps:

- Always keep detergents locked up and out of the reach of children.
- Follow the specific disposal instructions on the label.
- If you think a child has been exposed to a laundry detergent packet, call your local poison center at 1-800-222-1222 immediately.

## Be One of Humphrey's Heroes!

Every Boise Hawks Thursday night home game starting June 21st will be a Hawks Immunization Night. Central District Health Department staff and volunteers will be available to answer vaccine-related questions and check your child's immunization status in IRIS. CDHD and other local medical providers are also providing free Boise Hawks game vouchers for children ages 4-13 who are 100% up to date on their immunizations. For more information go to the CDHD website [cdhd.idaho.gov](http://cdhd.idaho.gov).



## Strawberry Chicken Salad

This light and summery salad is incredibly easy to make. Either use chicken that you have cooked and ready or stop by the market for a rotisserie chicken. Let the chicken soak in the dressing while you put together the other ingredients so it can take on that sweet honey flavor that makes this salad so nice.

### Salad Ingredients:

- 1 cup cooked shredded chicken
- 2 cups loosely packed butter leaf lettuce, pulled into small pieces
- ¼ cup thinly sliced red onion
- ½ cup thinly sliced strawberries
- Grated Parmesan

### Dressing Ingredients:

- Juice of 1 lemon
- 2 tablespoons honey
- 1 tablespoon vinegar
- 1 tablespoon light olive

### Directions:

To make the dressing: in a bowl, combine the lemon juice, honey, and vinegar. While whisking, drizzle in the oil; add salt and pepper to taste. Fresh thyme is a great finishing touch. Place the shredded chicken in the dressing while you prepare the salad, about 5 minutes.

Combine the lettuce, red onion, and strawberries in a medium size serving bowl or individual plates. Place the chicken on top of the salad and drizzle with remaining dressing.

Add grated Parmesan and salt and pepper to taste

